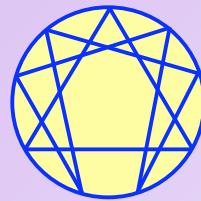


*The Essential Guide to a Successful Relationship*



# THE COUPLES ENNEAGRAM HANDBOOK

**Understanding  
Each Other's World**

*Being Responsive  
to the Other's Core Needs*

*Chris Wright*

*Licensed Marriage & Family Therapist*

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NAME



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*Understanding Each Other's World  
Being Responsive to the Other's Core Needs*

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## INTRODUCTION

### WHAT IS THE ENNEAGRAM?

The Enneagram is an ancient system in sacred psychology that describes *why* people are the way they are. It provides a uniquely detailed picture of the whole personality, and the pressures that generate it. For everyone it identifies their natural strengths as well as their limitations and challenges. Although the Enneagram is very accurate in describing the personality characteristics and tendencies, more importantly it unveils the underlying *core emotional needs* that generate each person's personality. These ego needs are often unconscious, yet they act as the driving, patterned force that determines every aspect of your personality.

In providing a comprehensive understanding of your personality, the Enneagram allows you to step out of your world and see your self objectively. It enables you to finally see you as *others see and experience you*. The insights it reveals about you, your partner, and everyone you know will be profound -- unveiling each of you at your core. And yet, the Enneagram is such a simple system and easy framework to learn.

### WHY IS THE ENNEAGRAM IMPORTANT IN A COUPLES RELATIONSHIP?

For couples, the Enneagram identifies *the key dynamic* that determines the success of your relationship. Each of you enters the relationship with important emotional needs at the core of your personality. These ego needs are fundamental to who you are. They shape your entire personality and approach to life. They represent *what really matters* to you, in every situation in life.

Finding someone who appreciates and is responsive to your ego needs determines your compatibility, and your happiness together. Understanding and responding to these core needs makes all the difference. It enables you both to consciously nourish each other and thrive in the relationship.

A partner who disregards or is insensitive to your core emotional needs will create tensions in the relationship. In fact, all arguments and conflicts stem from these ego needs being triggered, not responded to, or left unfulfilled. Knowing the core needs in your Enneagram type will enable each of you to intuitively make sense of each other's world, especially when tensions and differences emerge. Instead of arguing, criticizing, or pulling away from each other, these understandings make it possible for you to work as a team in finding ways to respond and honor what is so vital to each other.

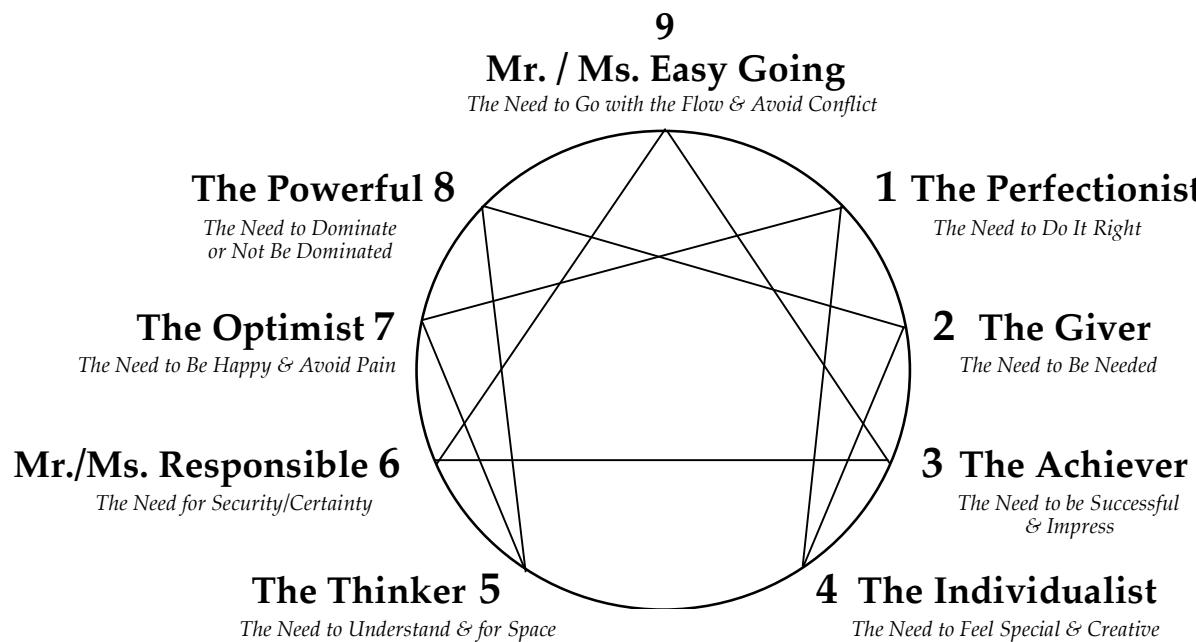
Lastly, knowing the Enneagram will give each of you self-awareness of where you are "*over the top*" -- in your expectations, attitudes, behaviors, and needs in the relationship. The underlying needs in your personality feel natural to you in your world. So it could be easy to miss the pressures and off-putting affect they have on others. Seeing this clearly enables you to manage yourself more effectively when driven by these inner tensions. It certainly makes you easier to live with! Having this shared awareness also provides a road map for healing the *core issues* affecting each of you, and your relationship.

### HOW IT WORKS

Notice the circle on the next page. In the Enneagram, there are nine types of people -- nine different ways of experiencing Reality. Each type expresses unique gifts in the expression of esteemed qualities.

You are born one of these nine Enneagram types. Your ego type is not something you learned growing up. Your brothers and sisters have different personalities, even though they were brought up in the same family system. Your type represents the core gifts and needs in your personality throughout your life, and do not change. It is how your personality is wired. Even enlightened saints express their divinity through the patterned prism of their ego type.

There are no standard names for each of the nine types. They are simply numbered One through Nine, and referred to by their number. So you could be a One, or a Two, or whichever type. And there is no better or worse Enneagram type. They simply represent nine different expressions of life. Each one generates a different vantage point in life -- a separate world of strengths, pressures, and needs that have a natural validity of its own.



### The Wings & Lines

Most people are not just one Enneagram type. Your core Enneagram type is connected to four other types, which can add gifts, needs and pressures to make up your entire personality. They are called your **Wings** and your **Lines**. Your **Wings** are the number before and the number after yours. For example, a Three can have a "strong" Two wing if it draws qualities of the Two into the personality. Or it can have a strong Four wing, where some of the Four qualities and needs show up. Or you may not have any of the qualities or pressures from either wing -- you are purely a Three.

Each type also has two **Lines** that connect to two other types, as seen on the chart above. For example, a Three has a line to Nine and a line to Six. The lines are just like the wings, but can be even stronger. A Three can have a strong line to Nine, meaning that you draw in some of the Nine's qualities in your personality. And you can have a strong line to Six. You may find that you have influences from both of your lines and wings, or you may not have any influence. Some people can have a line so strong, they are not sure which of the two types is their basic Enneagram type and which is the Line. You will discover that your wings and lines can modify or even cancel qualities of your basic Enneagram type.

So in learning the Enneagram, you will discover *each* of the Enneagram types that make up your personality. Together, those qualities and needs will explain every facet of your self. They account for all of your natural gifts, strengths, pressures, and various ego needs that make up your identity.

## THE SPIRITUAL ENNEAGRAM

The psychological Enneagram has become popular with individuals, couples, and organizations for its accuracy in describing people's personality. However, focusing on the outer personality alone is not as powerful for couples. The *Spiritual Enneagram* goes deeper as it focuses more on the underlying dynamics that generate *core needs* that must be met in the relationship for each of you to thrive. It readily affirms the spiritual gifts you naturally express, which truly make you who you are. And it will identify the deep-rooted insecurities that create stressful pressures in your personality that affect your relationship.

## Helping Determine Your Basic Type

There is not a test that will determine your Enneagram type. People have created tests, but my experience is that they mostly lead people to the wrong type. I use the following 9 Statements and found this to be accurate for 8 out of 10 people. So start with this exercise, and as you read the profiles that follow you will be able to determine your type as well as your strong Wings & Lines.

*Select the statement that fits you the most:*

***"I tend to be a person who . . .***

- 1. . . Notices details and works hard to have things done right.**
- 2. . . Is the Giver/supporter in my relationships.**
- 3. . . needs to Achieve and is highly motivated to Success.**
- 4. . . Who seems to be different from others. I'm more of a creative, emotional type person.**
- 5. . . Is a Thinker -- very rational. I also value my space.**
- 6. . . Is very Responsible. I'm hardworking and dependable. Trust is important to me. And when I read through these statements, I can see myself in most all of them.**
- 7. . . Really enjoys life. I tend to be happy, optimistic and relish new and different experiences.**
- 8. . . Is confident, and direct with people. I value honesty & I don't shirk away from confrontation.**
- 9. . . Is easy going and goes with the flow. I also avoid conflicts, and tend to procrastinate.**

# OUTLINE OF THE 9 ENNEAGRAM TYPES

## EMOTIONAL TYPES

### TYPE TWO - The Giver: *The need to be Needed, Worthwhile*

Gifts: *Caring. Connecting. Helpful, kind, compassionate, nice, flexible, hard working, truly cares about people.*

Fears Emptiness: *Being not Worthwhile.* Alone, not appreciated, disconnected from loved ones & others.

Out of Balance: Gives & does too much, Unaware of own needs, Gives to get love, Too nice, Needy, Doormat.

### TYPE THREE - The Achiever: *The need to Be Someone -- to Succeed & be Impressive*

Gifts: *Generates. Excellence.* Attractive, highly motivated, hard-working, efficient, charming, smooth.

Fears Emptiness: *Being Nobody.* Failure. Feeling inadequate. Poor image. Alone. Not feeling appreciated.

Out of Balance: Overwork, overly ambitious, all about Me, Appearances, Can't be criticized, Attn & praise, deceit.

### TYPE FOUR - The Individualist: *The need to be Special, Original, Creative*

Gifts: *Original. Special.* Authentic. Deep. Passionate & emotional. Creative. Imagination. Different. Sensitive.

Fears Emptiness: *Blending In as Nobody.* Superficial. Meaninglessness. Being no one. Abandonment.

Out of Balance: Me, me, me. Too sensitive, Drama queen, attn thru crises. Envious, not satisfied with Present.

## MENTAL TYPES

### TYPE FIVE - The Thinker: *The need to Understand & for Personal Space*

Gifts: *The Knower.* Objective, analytical, thinker, independent, self-contained, observer, perceptive, calm

Fears Emptiness: *Not Knowing* or understanding. Being Engulfed. Feelings. Being vulnerable.

Out of Balance: Analyze vs feel, Detached, Private, Un-giving, Unsocial, Unemotional, Compartmentalizes.

### TYPE SIX - Mr./Ms. Responsible: *The need for Trust/Security/Certainty*

Gifts: *Faithful, Reliable,* loyal, helpful, cares, structure for everything, problem-solver, duty, valor, service, sacrifice.

Fears Emptiness: *Fear of life.* Distrust - Everything will go bad. Especially surprises. Others will fail. Being alone.

Out of Balance: Controlling, Worries, Distrusts, Negative focus, Indecisive, Vacillates, Plan, plan. Rules, rules.

### TYPE SEVEN - The Optimist: *The need to be Happy & Avoid Pain, Boredom & Suffering*

Gifts: *Bliss. Idealist.* Happiness. Positive. Adventure. Fun. Enthusiastic. Loves newness. Trusts & enjoys Life.

Fears Emptiness: *Unhappiness.* Boredom. Pain. Suffering. Sameness. Lacking freedom - wings clipped.

Out of Balance: Too idealistic, positive & happy, Not real, Pollyanna, Superficial, Restless, No follow thru.

## VISCERAL, WILLFUL TYPES

### TYPE EIGHT - The Confronter: *The need to be Powerful -- to Dominate or Not be Dominated*

Gifts: *Powerful.* Warrior. Dominant. Confident, assertive, decisive, reliable, earthy, practical, justice.

Fears Emptiness: *Weakness.* Vulnerability. Powerless. One-down. Vanquished. Wrong. Unfilled.

Out of Balance: Aggression, confrontational, Insensitive, Domineering, Lustful appetites, One-up, Can't be wrong

### TYPE NINE - Mr./Ms. Easy Going: *The need for Peace and to Go with the Flow*

Gifts: *Peace. Harmony, Flow,* peace, easy going, likable, self-effacing. "Relax. Be Happy." Sees all points of view.

Fears Emptiness: Tension, discord, criticality, differences, problems, effort for no reason, sweat small stuff

Out of Balance: Passive, Lazy, Procrastinates, Neglectful, Disorganized. Avoids efforting, Conflict & commitment.

### TYPE ONE - The Perfectionist: *The need to do it Right, and not Wrong*

Gifts: *Perfectionism* - always knows Right way. Details, exacting, principled, disciplined, elevates standard

Fears Emptiness: *Being Imperfect.* Doing it wrong. Not measuring up. Not emulating perfection.

Out of Balance: Demanding expectations, Nick-picks, Pushy, Attn to detail. Righteous, Critical, Judgmental, cold.

## HOW THE SPIRITUAL ENNEAGRAM WORKS

In the Spiritual Enneagram, people of the same type all express a natural gift -- a special quality of life in their Essence. However, here is what happens: at birth and through the trials of childhood, we become separated from our natural Essence -- our spiritual Presence -- inside. To whatever extent we become disconnected from those natural depths, to that extent we experience a *void* or hole deep inside our selves. We feel an *Emptiness* of the *very quality* in our Essence that makes us who we are. This loss of connection leaves us feeling insecure and *needy for that missing quality* inside our selves, and in our lives. As a result, we become fixated on constantly seeking that quality out in the world.

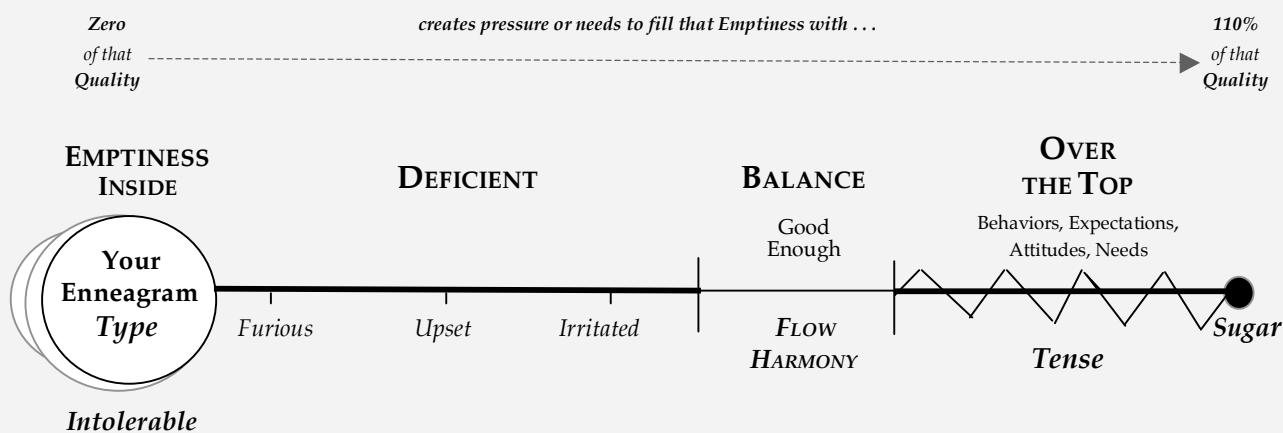
This dynamic is illustrated in the chart below, "We Desperately Seek Outside What We're Missing Inside." People who have the same Enneagram type all share a disconnection in varying degrees from the *same quality* in their natural Essence deep inside themselves. The more disconnected one is from their depths, the bigger the Hole inside. The bigger the Hole or Emptiness deep inside themselves, the greater intensity of turbulent pressure or insecurity felt inside their personality.

The empty circles on the left side of the chart represent the Emptiness inside from your Enneagram type, wings, and lines. This painful void inside, in turn, generates an incredible pressure, or *need*, in your personality to fill that empty place with the *very quality* you are missing inside. Your entire personality is then shaped around qualities that will make you more effective in getting those primary core needs met out in the world. *Your personality is driven* to fill those ego needs in order to *survive*.

Each of us, according to our personality type, is constantly scanning the environment in an effort to experience *that specific Enneagram quality* we are missing deep inside of our selves. Every moment we experience a hit of that quality outside (the right side of the chart), it feels like *Sugar*, which makes us feel great inside! It perfectly fills the Emptiness and nourishes our ego because it exactly replicates what we are missing in our selves, restoring a *semblance of wholeness* inside. But, like sugar, the "high" doesn't last. So we constantly keep scanning the environment, driven by this inner pressure, efforting and working tirelessly on keeping those ego needs filled. We have to. We will do anything to avoid feeling that scary Emptiness inside (on the left side of the chart).

Notice on the chart that the *pressures* of these emotional needs inside tend to throw us "Over the Top" in our desperate efforts to get them met. But we rarely see it. We are so focused on how good it feels getting our needs met that it *does not feel* over the top to us. Instead, what we are doing feels completely natural, and we feel justified. "How could what makes me feel so good and relaxed inside, how could that be *over the top*?" That is why we fully expect others to respond to those needs, and we become angry when they don't. That is because we lack self-awareness of how these needs are driven by pressures and insecurities inside. Instead, we become righteous and will fight for our world of needs.

## DESPERATELY SEEKING OUTSIDE WHAT WE'RE MISSING INSIDE



We argue or fight for these desperate needs to avoid feeling the underlying pain of Emptiness inside. Whenever we are *not* getting that need met, we crater inside (moving to the left on the chart towards *Deficient* and our inner *Emptiness*). The closer we get to our Emptiness inside, the more agitated we become. Even a little deficient in responding to our need and we become *Irritated*. If we move closer towards our Emptiness, we become increasingly *Upset*. If we are thrown *into* the Emptiness, it is *Intolerable*. We cannot stay in this relationship, or work at that job -- we have to leave. It is simply too uncomfortable, too difficult, too painful.

When couples divorce it is simply because the relationship is bringing up too much inner tension -- putting the person in touch with those terrifying areas of Emptiness deep inside themselves. This is the source, and the reason, for all dissension and arguments in a marriage.

## LET'S USE AN EXAMPLE

Let's use an example with this chart, using the Ones in the Enneagram. As you read this, you can also substitute the *italicized* statements with you and your partner's possible Enneagram core Gifts and Needs (from the descriptions on pages 4 and 20). So you can readily see how this works.

In the Spiritual Enneagram, Ones have the inner gift of *Perfection* in life. It is who they are -- it is their Essence. It is One's essential nature to appreciate and express the incredible *perfection* of each moment in the unfoldment of life. In every situation, Ones naturally recognize and create *perfection* in their world. It is an amazing gift to live spontaneously from such a high level of precision and excellence. This *gift* enables them to know intuitively, and immediately, moment-by-moment, what would make each moment pristine and perfect.

However, to the extent they lose touch with that Essence, that quality of *Perfection* inside themselves, to that extent they feel an Emptiness of Self -- in their case, an "*Emptiness of Perfection*." At the core of their selves, there is terrifying *void* of Perfection -- a deep sense inside of *Imperfection*. To experience that Emptiness, that *Imperfection* inside is death to the One. *Imperfection* is a place inside they avoid like the plague. Each Enneagram type has a place like that inside where they are missing a certain quality, and are unable to go there. It is too scary and painful.

The more disconnected the One is inside from their natural Selves, the bigger the Hole inside (the *circle* in the chart on the previous page). The greater the Emptiness, the more insecure and inner pressure Ones will feel about *Perfection*. This Emptiness generates a core *need* in the personality to fill that void -- an incredible pressure inside -- to make sure everything is *done right*. For the One, it becomes a fixation for everything to be *perfect*. Any *Imperfection* will move them to the left towards feeling that Emptiness inside -- which is *Irritating*... *Upsetting*... and ultimately *Intolerable* (see chart).

To avoid the inner Emptiness, each type has central reference point that they constantly scan for. For the Ones, they *constantly* scan every detail in the environment -- every moment, looking to make sure that everything is *done right*. It *has to be done right* so that they don't feel that Emptiness inside themselves! If you have ever lived with Ones then you know what it is like for them, and you readily recognize the pressure that lives inside of them that they live under.

When everything *is done Perfectly*, that experience exactly replicates what Ones are missing inside, and yearning for in their nature. It specifically fills their Emptiness. It makes them feel *Whole* again inside. It is like an elixir, a "high" -- that seems to connect them to Self. But, unfortunately, it is like the effect of *Sugar* -- it is temporary. They have to keep efforting and stay vigilant to maintain "*perfection*" around them *all the time* in order to stay feeling "*Whole*" inside. And so that they avoid moving towards their own Emptiness.

It is this dynamic that *generates all* of the personality characteristics of the One that the popular, psychological Enneagram describes so well.

Of course, this same dynamic occurs in us all. Like the Ones, each of us have a Gift that is our very nature inside. To the extent we have become disconnected from those natural qualities deep inside our selves, we feel areas of Emptiness. The loss of our particular Enneagram quality at our core is a scary place to experience inside our selves. It sets up a pressure to fill that *need* outside of our selves.

We also develop strong personality qualities that will prevent situations evolving where we could ever experience *the loss* of that quality. For when we do become deficient, we will become irritated and upset as it moves us toward our own fears and insecurities inside.

When that happens people tend to blame their partner for the tensions that get triggered. Not being aware that their ego needs are generated from deep-rooted insecurities, they are unable to *own* them.

## UNDERSTANDING THIS IS FUNDAMENTAL TO THE SUCCESS OF THE RELATIONSHIP

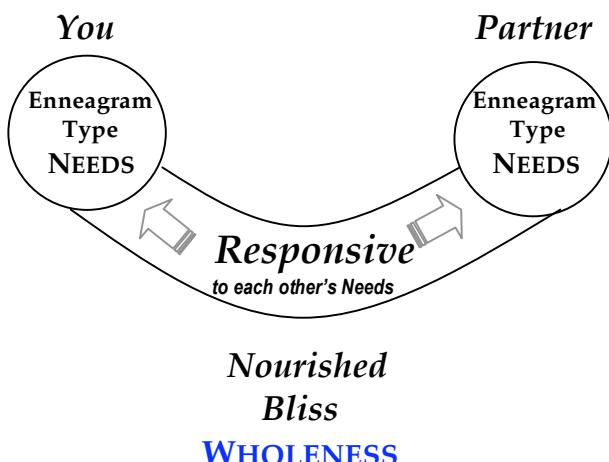
Our relationships are the primary area where we fill these emotional needs. We are, in effect, depending on our partner to give us precisely what we don't have enough of inside our selves. When our partner fills those needs, we feel whole and our hearts open. When our partner is not responsive to those needs, or criticizes and shames them, our hearts contract inside. And we suffer. Eventually we fall out of love.

So these fundamental *ego needs* are not only fundamental to who you are in your personality, they are fundamental to the success of your relationship. It is the Spiritual Enneagram that identifies for you and your partner, and everyone you know, specifically what those *core ego needs* are. So that you can start responding to what makes each other feel fulfilled -- and in love. At the same time, you can avoid the unnecessary friction, arguments, and distance that can destroy the relationship by not honoring and responding to those needs.

Your core *ego needs* must be met for you to feel happy and fulfilled in your life, and in your relationship together. Having a partner who appreciates your emotional needs, and is responsive to them, makes you feel wonderful. He or she connects you to your very Self -- the source of *true* fulfillment. That is why people say "I want a 'soulmate' who *completes* me." But on the other side of the coin, to the extent your partner is not responding to or meeting your ego needs, you will feel *Empty* inside, and pull back in your heart. You then have to put up a wall to protect yourself (from feeling the Emptiness).

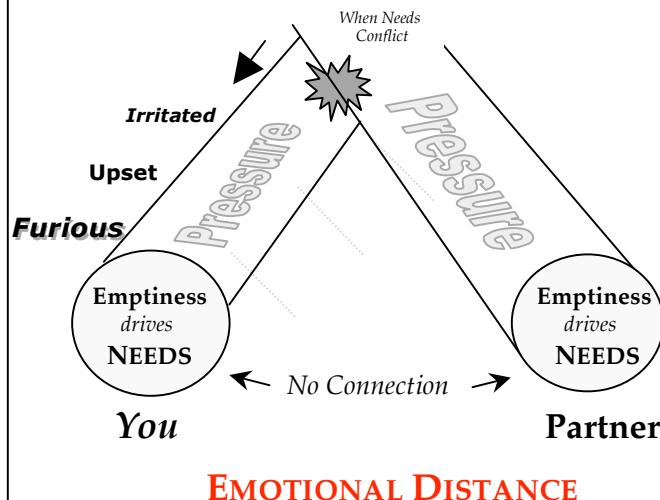
### WHEN EGO NEEDS ARE RESPONDED TO ...

*Happiness* *Fulfillment* *Love*



### WHEN EGO NEEDS DISREGARDED/CONFLICT

*Anger* *Hurt* *Pull Away*



This is why identifying in each other *what really matters* -- what your *core personality needs* are -- is essential in a relationship. So that you can start aligning to them, attuning to them, being responsive, pro-active, honoring, and sensitive to those needs in each other. When couples are able to do that, they get along. Their hearts open. However, to the extent they don't honor those ego needs -- they won't get along, they don't thrive, and their love will die.

In a relationship, *Both Needs Matter!* Neither of you have "superior" needs. If it is a "need," it means that you are not sufficiently meeting that need within your self. That is why it matters so much. And it is why you get so upset when it is not met or responded to. Otherwise, it would simply be a "preference." When *preferences* are not met, there is enough Self inside to buffer the loss. When "ego needs" are not met, you become irritated and upset.

The key to the success for sustaining the loving feelings in your relationship is that both of your set of needs are equally valued and responded to. Each of you now takes the other's set of core needs and you make them as important as your own.

Understanding this changes everything. In this orientation, in a committed relationship or marriage, you are no longer representing just your self. When you live together, you are no longer dating, or getting to know each other and building a relationship. Once you live together and marry, your lives are no longer separate. You are a "team" now, each bringing a set of fundamental emotional needs to be filled *in the relationship*. Your commitment to each other is to be responsible, sensitive, and responsive for *both core needs* being fulfilled. Your partner's world of ego needs and insecurities are now *just as important* to you as yours. *Both Needs Matter* -- equally so in their essential importance to the success of this relationship

Not recognizing this, partners tend to be narrowly focused in their world, separate from the team. As a result, they represent them selves in a conflict. There is no sense of "team," or recognition of the other person's ego needs as being as important as their own! Some will even intimidate their partner to make sure only their needs are met (so desperate they are inside to get them filled). Without the ability to understand each other's ego needs, and without a commitment to "team," you each have to stand up for your "self," and pressure the other, or fight if necessary. Or shut down.

But how can you be a "team" when you can't even understand or relate to the other's needs? When you can't make sense of or *feel* the pressures that drive your partner's needs, how can you really empathize? No wonder you get angry. Not having those insecurities, pressures, and needs, your partner's perspective may seem ridiculous to you in your world. But they matter to your partner, just as yours matter so desperately to you. No wonder people can end up feeling alone in the marriage.

Now, with the Spiritual Enneagram, you can discover what those fundamental ego needs are in each other. And put them "on the table" together when they emerge or conflict. So you both can be honoring of differences that emerge and consciously align to them in your relationship. The success of the intimacy in the relationship depends on it!

## WHY PARTNERS DON'T FILL EACH OTHER'S NEEDS

### I. Each Other's Needs & Insecurities Can Be Foreign to the Other.

Typically, people are attracted to a mate whose Enneagram personality type is different from theirs. That way, each partner brings qualities that complement and strengthen the other. But it also can mean that each partner's emotional needs are completely foreign to the other. Chances are that your partner does not have the same specific ego needs and insecurities that you have. They do not feel that same pressure inside. The areas where you worry about or need, they feel at peace, for they meet that need sufficiently within themselves.

This helps explain why it can be so difficult for each of you to relate to why something *matters so much* to the other. It is not a big deal in your world. That is why it becomes an argument. And it is why seemingly little symbolic things can escalate out of proportion into a big argument as it is all connected to your deepest insecurities in your Emptiness inside.

This explains also, why your partner may not be particularly skillful in responding to certain needs. Not really needing that growing up, he or she may never have had to develop those specific skills. Now as an adult, skills you take for granted, your partner may not be very good at doing. Nor accustomed to being pro-active in thinking ahead about, or making fine distinctions that are so easy for you to make. Remember, you became good at what you need from years of working it to survive.

As an example, if you are living with a One Perfectionist, you may not be able to understand why you are criticized for not *thoroughly* cleaning the kitchen. *Why does it matter so much*, you say? Since you are mostly at peace inside your self around "imperfection," you don't feel a need for everything to be done *perfectly*. There are times when 80% is good enough, in your world. It is simply not such a big deal. Your ego survival is not dependent on *Perfection*. (It lies in a different place!)

But for your partner, the Ones, this is where he or she is most gifted *and* insecure. This is where most all the pressure is in their personality. It represents the one thing that makes them feel either *Whole or Empty*. That's why it matters so much to the Ones. *Everything* rests on it. When you don't respond to that need, it puts Ones in touch with their insecurities inside... moving towards their Emptiness. That is why, for example, the One becomes so irritated and frustrated when you don't put things back exactly the way you found them.

Of course, you have your own set of specific ego needs that *you* care about. They are the things that *really matter* to you, which the One may not relate to as well. For example, what if you are a Nine who needs *relaxation* and *peace* in order to emotionally survive. Those are ego needs that the One could have a hard time understanding, honoring, or readily responding to. If so, the criticality and disruption of your peace would, in turn, trigger and irritate you.

So when this couple is arguing about the kitchen, who is right? Who is wrong? Not understanding these dynamics, this becomes the primary source of your arguments and distance in the relationship.

## II. How We Communicate Our Needs Can Determine Whether They Are Consistently Met.

It is natural to have different needs in the relationship. It is even more natural to want to respond to someone's needs whom you care about and love. Doing so, even when it involves you having to sacrifice or make a huge effort.

Remember when you first fell in love? Both partners made an effort to be responsive to each other's needs. You willingly went the extra mile, or stretched *selflessly* for the other. There was ample "good will" between the two of you to respond to needs that emerged. You acted just like a team.

For many couples, what happened? Overtime, they seemed to have lost this precious commodity of *good will*. Maybe you felt your efforts were not fully appreciated. Or at times you felt criticized for not doing it "right" or good enough. Or you felt nagged by their partner -- it felt like whatever you did, it was never enough. Or, what if in the relationship you felt that *your* emotional needs were not fully responded to in return. Each time you took hit, you swallowed it. But overtime, it took its toll and you began to lose some of that precious "good will." Some partners start to think, "Why bother? I'm just going to get . . ." This is when self-interest in the relationship starts to creep in. Needs are not fully satisfied then. And emotional distance results.

Personality differences are usually not *the problem* couples face as long as there is *good will* and sensitivity to each other's ego needs. That is why it is so vital to protect the *good will* together. For many couples, however, maintaining good will is not so easy. Tensions destroy it. After all, it is very irritating to have your ego needs not responded to, shamed, or poorly met. That can bring up a lot of frustration and hurt feelings. Some partners get enraged. What are they to do? How can each of you *not* communicate those tensions to your partner? And still be authentic to your self!

For couples who argue or feel distant, it is vital that they learn skills and tools that enable them to *express* their emotional needs and feelings in ways that support getting those needs responded to. Couples need to learn how to share their needs without making their partner's world wrong. There

are simple tools they can use that engender compassion instead of anger. And sharing skills that empower your partner to respond to your needs, and maintain good will. But if you accuse, blame, shame, intimidate, shut down, or resist each other -- the *good will* starts going out the window.

Fortunately, couples can learn effective communication skills that will make a difference. They can readily learn simple tools that move an upset partner from anger to vulnerability, from defensiveness to owning his or her stuff. So in a conflict each feels heard, honored, and responded to -- as a team. We teach these natural skills in The Couples Course®. Gaining mastery together in these dynamics can be what determines the future of a relationship.

## HOW TO BENEFIT FROM THIS HANDBOOK

As you read the following Enneagram type profiles, you will be identifying you and your partner's Enneagram type, and your strong Wings and Lines. When you recognize you and your partner's configuration of types, you will want to focus your attention specifically on *two goals*:

### First, Identify You and Your Partner's *Core Ego Needs*.

The primary value of the Spiritual Enneagram is to identify *what really matters* to each of you. What do you need to feel "whole," relaxed, and fulfilled in your day-to-day life, and in this relationship?

After reading the profiles of each other, you will want to talk about and clarify what each other's personality needs are. The Spiritual Enneagram identifies broad, contextual needs at the core of your being. They are generic descriptions for that Enneagram type. However, based on your upbringing and life experiences, you *individualize* those needs into *your* personality. So you are going to have to translate the Enneagram description in the profile to your *individual personality*. You will need to discover how that gift and those emotional needs are expressed in your world. As partners, you then can help each other come to a clearer understanding of those dynamics and how they show up in your personalities.

As you read the profiles, also remember that the *needs* described in your Enneagram type are easily modified by wings and lines. For example, a One Perfectionist can have a strong Nine wing. Nines are the opposite of Ones in that they tend to be disorganized and messy ("Why bother, it takes me out of my need to relax and connect to Peace inside"). A Perfectionist One with a strong Nine wing could have messy rooms in the home (the Nine influence), but obsesses about germs or how her husband conducts himself. Once you know your type and can see what qualities and needs you draw from your wings and lines, you can determine the set of core needs that coalesce into *what really matters to you*. You can always tell what your core ego needs because when they are not met, that is what you get uptight or upset about in the relationship.

Usually each person will end up having two, three, four *core* personality needs that give rise to all of their tensions, concerns, and values in their personality. It all comes down to those -- "All roads lead to Rome." Some people may have a few additional emotional needs, or "issues," stemming from difficult experiences growing up with their family. Most people, however, will find that early childhood painful experiences serve only to deepen the split from their natural Gifts or Essence inside. Those experiences serve to compound and enlarge the painful area of Emptiness deep inside identified by the Enneagram, making those particular insecurities *even more* pervasive in their personality.

Study the profiles to make sure you both are clear of what each other's *core personality needs* are. On page 20 there is a chart summarizing the core needs and traps for each type. Then use the **Worksheets** on pages 18 & 19 to write down which of those needs apply to **you** and your **partner**. Your goal to see them so clearly that you can immediately intuit them in every situation. It is like being in your partner's world. Then, in stressful situations, you will be able to readily recognize the *ego needs* inside of each of you that are being thwarted. And you will see each person's insecurities that give rise to conflict. So instead of projecting those tensions onto your partner, you immediately see each of your issues, you are able to *own* them, and take 100% responsibility for them in a conflict.

Recognizing and owning your underlying insecurities and the tensions they generate in a conflict is one of the *most important* and healthy skills you can have in a relationship. It is when you are not aware of these needs, pressures, and insecurities inside that are triggered that you could easily blame or become angry at others. Or become defensive yourself.

Your goal together is to be able to talk about your ego needs when they emerge. And be able to do so in a heartfelt, sensitive, and honoring way together so you can resolve them with "good will." So the first step is to fully understand and recognize them in each other. The Enneagram will help you do that.

## Secondly, Gain Self-Awareness of Where You Are *Over the Top*.

This is very difficult for most couples. It is not easy for people to become self-aware of the pressures in their personality. Nor how their insecurities affect or distance others in their relationships. That is because the core needs that drive those pressures feel so natural inside. How could something that brings you bliss, that makes you feel relaxed inside, that is fundamental to *who you are* -- how could that be "over the top?" For the Perfectionist One, keeping the kitchen completely germ-free and spotless does not seem *over the top*. It feels natural. "Doesn't everyone want a clean kitchen?"

Everyone feels that way -- completely justified -- about *their* needs. They also naturally expect others should share those needs. But despite their righteousness, elaborate justifications and rationale, the only reason *it really matters to them* is because of the underlying insecurities deep inside themselves!

It is not because of all those reasons! Others who are *not insecure* in that area inside, they don't have *that ego need*. So all of those reasons will never matter to them. That is because, without that insecurity, they don't get so uptight about it. Nor do they get upset when that need is not met. Why get upset -- they meet enough of *that need* within themselves. That is why, to them, you seem *over the top*.

Being "over the top" refers to those areas in your personality that are driven by *tension* to either *fill* or *avoid feeling* the Emptiness inside. People who don't have that need, they can feel your tension -- it's over the top. That is why it is easier to see where your partner is *out of balance*, and yet have no clue when you are. In a healthy relationship, it is vital that each of you become aware of all the ways that your tensions, needs, and insecurities show up in your personality and affect your partner and family. So write in the **Worksheets** on pages 18 & 19 the tensions, pressures, and behaviors in each of your Types/wings/lines that tend to negatively affect the other, and the relationship.

If you don't recognize these pressures inside yourself, you will blame others whenever those needs are thwarted. You project your tensions *that come from your insecurities* onto those who trigger them. That sets in motion unnecessary arguments and emotional distance. And makes it even harder for your needs to get met.

It is part of the human condition to have these fearful areas inside of Emptiness and insecurity. They can show up in various ways in your personality. However, the specific ways that matter are the ones that generate conflict together. That is where you want to draw your attention -- being able to recognize and freely own the pressures in your personality that conflict and bother your partner.

Your partner needs to do the same. If your partner did not have a conflicting need and insecurity then your being over the top wouldn't bother them so much. Each has a part to play in a conflict. And both need to be able to recognize their pressures, and take responsibility for them.

## SO NOW THERE IS NO BLAME or SHAMING

Who says it is "*over the top*?" For example, a laid back, *Easy Going* Nine in the Enneagram, who does not clean up after himself, is comfortable with that way of living. He could be married to a partner who doesn't care about it either -- so it is not a source of conflict. Then there is no one "wrong." But if he is married to a *Perfectionist* One, that could be a problem, simply because it conflicts with her world of *Perfection*. She would say, "He is *over the top*." But in his world he says, "She is way *over the top*." Each says that only because it conflicts with *their ego need*. Without the incredible pull of

the ego need, it would not be such a big deal to adjust one's bar in response to the other person's world.

It is helpful for both partners to remember that the only reason there is an emotional conflict is because they have triggered each other's needs and underlying insecurities. She wants a home where everything is in its rightful place (all the time!). He is more comfortable with a "lived in" feeling, where things are laying around. Neither recognizes the underlying desperate ego need and insecurity that drives their world. So they each tend to be righteous. And they feel the other is wrong.

When both partners understand their ego needs, and the insecurities that give rise to them, it makes working through differences and conflict so much easier. Each is able to humbly express their needs and wants, instead of righteously arguing, blaming, or defending. And each is more understanding and empathetic to what matters to their partner. This maintains their precious good will together.

These insights enable a revolutionary shift in how we see and deal with our issues. In this new wisdom, we develop together a "friendly" understanding of our insecurities and emotional needs. We shift from feeling righteous, superior, demanding, blaming or shaming, or on the other hand, from feeling defensive, made wrong, a victim, or ashamed to own our painful areas of Emptiness in our persona. These pressures and insecurities are not just a hassle. They show us "what the work is that we have to do together towards *wholeness*" -- psychologically, emotionally, and on the soul level.

These unconscious pressures *need to* surface into your consciousness and be resolved in order to develop your true nature. Each conflict, trigger, unmet need, or distorted behavior now gives you valuable insight into what each of you is lacking in the goodness of your Being. They are clues to what you need to *be more aware of and heal within your selves*. It is not out there. It is all happening inside of each of *you*. Unless you keep avoiding it. Learning to make this process safe together is vitally important. This will lead you to your Self. So you can heal your hearts. And free your souls.

## OWNING YOUR PRESSURES

So the first step is gaining full awareness of the pressures in your personalities that create tension in your partner. You need to be able to freely *own* those tendencies together. And learn healthy strategies to manage the inner pressures that drive them so you are more in *balance* in the relationship. The Enneagram will identify those tendencies in your personality where you tend to *go over the top*.

No one is Scott-free here. Each of you is just as gripped by pressures in your personality, only in different ways. This is part of being an evolving human being. Also, these ego needs are not something either of you are choosing -- you are just wired this way and saddled with these pressures.

Nevertheless, you each need to do something about them. That is why becoming really clear about these pressures is the first step. So you can start taking responsibility for them whenever they emerge, and bring them into balance. You will find that as you develop more awareness of these inner needs and pressures, and the insecurities that drive them, that will enable you to be more conscious of what it takes for each of you to come into balance.

## RESOLVING YOUR DIFFERENCES TOGETHER

So here is how it works: In your first goal above, *Identifying Your Ego Needs*, you each are making the other's ego needs as important as your own. If, for example, you are married to a One *Perfectionist*, you readily make an effort to "raise your bar" to respond to his needs for things done in a certain orderly way in this relationship. You are honoring that need, not necessarily because you need it, but because you care deeply about your partner and what is vital to his well-being and sense of self.

At the same time, in the second goal where each of you has *Self-Awareness of Where You Are Over the*

*Top*, your partner as a One, humbly recognizes where his needs and expectations for *Perfection* are *over the top*. He can readily recognize those inner pressures and own that they come from insecurities deep inside his personality. (After all, not everyone gets uptight about that!). He is also committed to manage his pressures where they affect you, and bring them into balance. As a result, he also is making an effort that will lower "his bar," as he comes back into his Center, so it is easier to meet there together.

This is the process of good will that we can live by whenever differences or conflicting needs show up. This is also how we both grow in the process. Our relationship now becomes a vehicle for our healthy maturation, healing, and growth.

What about partners who are not interested in discovering their ego needs or recognize the pressures that drive them? Well, if they stubbornly stay unconscious, they will freely act out these tensions and needs. That will make it much harder to get those emotional needs met. And it will create so much unnecessary turbulence and drama in your relationship. Then, too, why will it ever get any better? Avoiding those pressures inside, they will never be resolved. Time does not heal them. Then people remain a prisoner of their insecurities, robbing them of their natural Peace and fulfillment. When someone feels free to act out their ego needs, anxieties, and frustrations, everyone in the family has to distance them selves from that person emotionally, just to protect themselves. Everyone -- the mate, the children, brothers and sisters, co-workers and staff, and as a result, everyone loses.

The only reason someone is reluctant to work on their issues in the relationship is that they don't feel safe. They intuitively recognize that they lack the understandings and tools which would make the process safe and productive together. Fortunately, it just takes education for most couples. Gaining these new awarenesses and natural tools will make all the difference. It will enable them to work through their pressures as a team, instead of adversaries. So they grow closer together, and not further apart.

## THE LEVELS OF USING THE ENNEAGRAM

Most people who know and write about the Enneagram are familiar with the popular personality Enneagram. This, however, is only the first *Level of Using the Enneagram* (see chart below). Here they learn the nine personality types, so they readily can see which Enneagram type they are. Like the Myers-Briggs personality classification system, the personality Enneagram simply becomes an inventory of the *qualities* that make up their personality.

As mentioned earlier, this is not very powerful for couples. And it can even make things worse in a relationship. In this level of understanding, each person recognizes their profile and concludes, "*That's the way I am.*" The description fits the personality and tends to leave the person feeling self-justified in his or her world: "*I'm a One and that is how I am.*" There is little awareness of their core ego needs -- needs that they are not meeting within themselves. Nor of the underlying insecurities that give rise to them. Nor who they really are in their Essence.

Not being aware of these core insecurities, they tend not to recognize how those pressures tend to take them *over the top* in their expectations, behaviors, and attitudes in the relationship. They feel right, or righteous, in their world. After all, this is what makes them feel great in filling their Emptiness. It feels completely natural. As a result, they could easily alienate others without knowing it. And continue to generate unnecessary conflicts and disharmony in their relationships.

In moving to Level 2, they begin to understand how the specific areas of Emptiness in their Enneagram type generates the pressures and imbalanced *needs* in their personality. Here is where they discover what those ego needs are, and all the ways those needs generate pressures and hypersensitivities in their personality to fill them. With this clarity of awareness together, each partner is now pro-active in responding to the emotional needs of the other. And each partner is now able to recognize when they are *over the top*, so they can work together sensitively to come back into balance.

## LEVELS OF USING THE ENNEAGRAM

1	2	3
<b>LEARNED THE PERSONALITY SYSTEM</b> <b>9 Personality Types</b> <i>"That's just the way I am."</i>	<b>SELF AWARENESS OF YOUR IMBALANCES:</b> <ul style="list-style-type: none"> <li>• <i>Your Needs &amp; Expectations</i></li> <li>• <i>Your Behaviors</i></li> <li>• <i>Your Attitudes &amp; Beliefs</i></li> </ul> <p style="text-align: center;"><i>With the Intention to come into Balance</i></p>	<b>A MAJOR SHIFT</b> <b>When You Fully Realize</b> <i>It's a Trap!</i> <p style="text-align: center;"><i>What You Want will Never Fulfill You. There is no cheese down that path.</i></p> <p style="text-align: center;"><b>What you seek is not out there. It is Inside your Self.</b></p>

The third *Level of Using the Enneagram* focuses purely on the Spiritual Enneagram. This is the true purpose of the Enneagram. When you deeply realize that what you seek outside of your Self is never going to fill you -- that shifts everything. The clearer you become, the more you will see through the illusion that what you are wanting is out there. It is not. It is just Sugar. It will never fulfill you, or restore your Wholeness. Real fulfillment only comes from connecting to those missing needs within your Self.

For example, the One will never find fulfillment from seeking *Perfection* outside itself in the evolving world each moment. It is a never-ending effort. The Two *Giver* will never find their inner self-worth by getting others to like them. *Mr./Ms. Success*, the Three *Achiever*, will never find inner wholeness by impressing others (or themselves). And on throughout the Nine types. It is not *really* out there.

The original purpose of the Enneagram was to give each of us our personal road map to Self. It was a spiritual tool to guide us back to our individual Essence and Wholeness. Interestingly, we are wired to look for that missing Essence outside of our selves. When we experience that sugar, in the moment, it feels wonderful. It makes us *feel* whole. But it isn't real. And it doesn't last. It is a trap!

The real fulfillment lies inside our Selves. In focusing on the outer world to fill us, we lose our way home. The Enneagram shows each of us our path to finding the true *pearl of great price* inside our selves. The more we can see through this central illusion, this *maya*, the more we will break up, process, and heal the layers of Emptiness inside. That is where we gain true inner wholeness. And that is where our ego needs are truly met within our selves.

When that happens, our lives become an expression of our natural Gifts. We continue to express life through the prism of our ego filter. But there is no long Emptiness of spirit at our core. There is no more separation from Self. We no longer have ego *needs* that bind the Self. They are now natural *preferences* in our personality and being. When those preferences are not met, we have more than enough fulfillment within our Selves to balance us. There is no deficiency inside. Everything becomes an innocent expression of our natural gifts, without attachment.

This is why the Enneagram has been such a valuable tool for so many centuries.

## BEFORE STARTING

As you read through the following profiles to discover yours and your partner's Enneagram type be sure to look past the *qualities* to the underlying *motivating force* that generates those qualities.

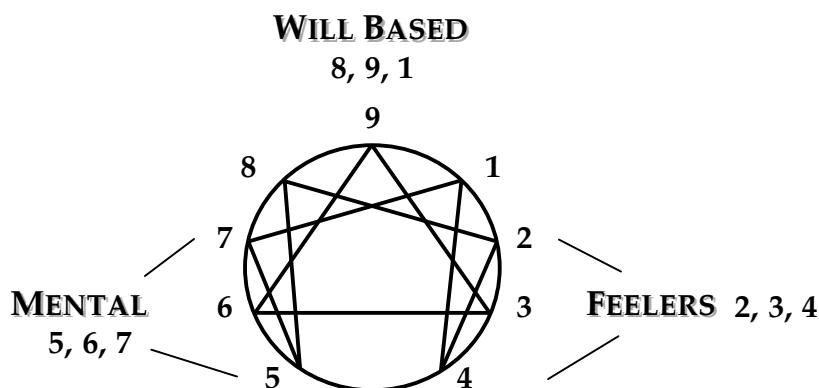
Different Enneagram types can share many similar qualities. For example, valuing *perfection* can show up in a number of types. The *Achiever* Threes value perfection, but only in those things that

make them feel successful. The *Creative* Fours value perfection in their art. The *Responsible* Sixes require things be done "right" in areas that deal with securing everyone's well-being. Only Ones have this fear throughout their persona of Imperfection of life.

So the different types can share similar personality characteristics, yet they will have different motivations or *agendas* for *why* they express or need that quality. It is the deeper-rooted "need" that determines your type, not merely having those characteristics.

## I. Emotional, Mental, or Visceral?

In the Enneagram, the nine types cluster into three triads according to the *primary* source of their natural energy: 2, 3, 4's in the Feeling triad, 5, 6, 7's in the Mental triad, and 8, 9, 1's in the Will-based triad. Everyone has all three energies in their personality. However, your Enneagram type is primarily *based* in the type of energy of its triad.



- ◆ **2, 3, & 4's** *Feeling Triad* - come from *Heart* energy. They are emotionally-based people
- ◆ **5, 6, & 7's** *Mental Triad* - come from *Head* energy: They are mental-based people
- ◆ **8, 9, & 1's** *Visceral Triad* - come from *Gut* energy: They are strong, will-based people (or aggression-based)

Interestingly, the middle number of each of the triads (the 3's, 6's, and 9's) *repress* those primary energies. Threes are emotional people in the Feeling triad who repress and avoid their feelings. Sixes are mental people in the Mental triad who doubt their own thinking and what they know. And even though Nines are in the Will-based, aggression triad, they repress aggression so thoroughly there seems to be no aggression in them -- they are laid-back, easy-going types who avoid conflict.

In each case, however, their life-long task is to fully integrate those energies within their personality: Threes need to get in touch with their feelings and stop running from them. Sixes need to trust themselves and the outer world. And Nines need to access their aggression and potency to become whole instead of expressing it passively.

Also note that in the Feeling triad, the Twos, Threes, and Fours each share a similar *core fear* inside their Emptiness. They are emotionally-based people who are afraid of "*being nobody*" -- they can't go there inside. That fear generates a pressure in their personality, an *ego need to be someone*. Each expresses that fundamental triad need in a different way. Twos try to be "somebody" by giving and being liked, Threes try to impress others, and Fours need to express their "specialness."

## II. The Effects of Your Wings & Lines on Your Type

Also remember, when you find your type, you may not have *all* of the qualities or core needs listed in the descriptions. If you don't have a certain quality associated with your type, it usually means that a stronger "*need*" from one of your Wings or Lines has modified or replaced it.

### REMEMBER:

**If you don't have all of the qualities listed, it is because  
you have needs or strengths from a Wing or a Line  
that have modified or replaced that quality.**

Once you have your Enneagram type, read each of the Wings and Lines. Identify which of those *needs* and qualities show up strongly in your personality. There may just be one or two qualities that you draw into your personality. Then look to see how much of the "*need*" of that type *really matters to you*. This is the purpose of the Enneagram -- to identify what really matters to you, and *why*. So in your wings and lines, how much do you *need* that? Do you thrive or feel relaxed from that? How uncomfortable do you feel when something gets in the way of having that need met? If so, that is an additional *core need* that you both will want to recognize.

More than half of all people will identify with one of the types clearly as their core type. However, that leaves a large percentage of people whose lines or wings are so strong that it is difficult to identify with one type as who they are in the following profiles. They express a hybrid of pressures and needs in their personality, which makes it harder for them to figure out their type at first glance.

Think of our recent President, George W. Bush -- is he a Nine with a strong line to Three? Is he a Three with a very strong line to Nine? Is he a Six with a very strong Line to Nine? If he read any one of those three profiles in this Handbook, he might not identify with any one of them as who he is. That is because he has conflicting gifts and pressures that modify his core type. So for some of you, it will take some reflection to piece together from the connected types the set of core needs and pressures that make up your personality.

Each profile that follows lists famous people who seem to be that type. And at the end, on page 48, there is a list of famous people according to their possible type. For each one, identify their strong wings and lines that differentiate one from the other. That will show you how it works.

## III. Range from Healthy to Unhealthy

With each Enneagram type there is a range from Healthy to Unhealthy. Those who have more Emptiness inside will feel more intense pressures and hypersensitivities in their personality. Those with less Emptiness at the core of their being will be more balanced. They will display less of the dysfunctional characteristics listed in the profiles. We all tend to fall somewhere in between.

## THE BEST WAY TO BEGIN

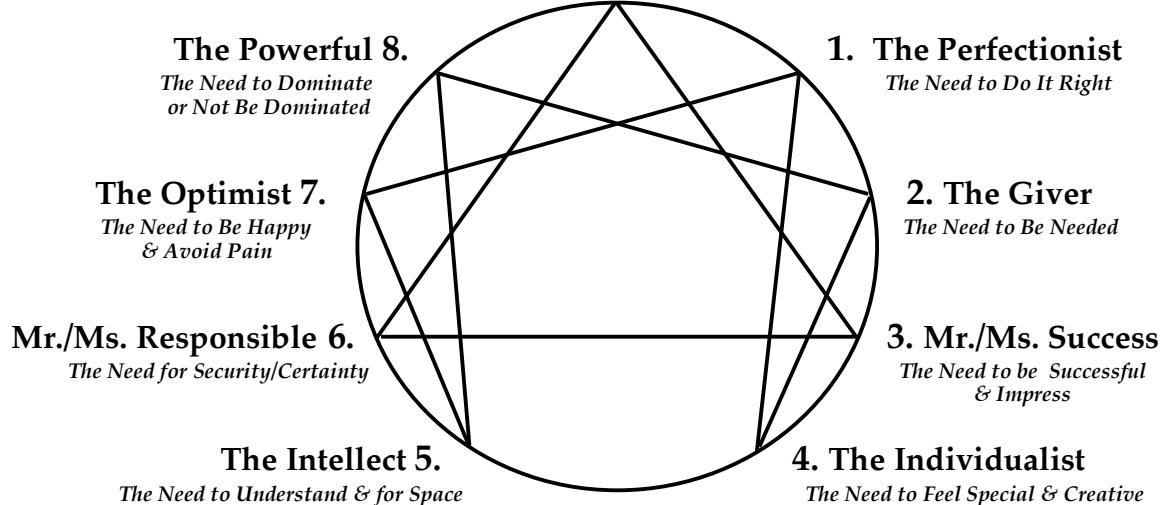
The most effective way to learn the Enneagram system is to apply it to the people in your life -- to be able to put a number to a face. As you read the profiles, try to figure out whom you know who might be that Enneagram type. Make a list down the left side of this page of the significant people in your personal and work life. Then as you read through each type description, speculate as to which of the people on your list might fit that type.

When you finish reviewing each of the nine types, then look over your list and fine tune your estimations, remembering to consider the strength of their wings and lines. Note, however, that you are just speculating. People need to determine for themselves which type they are. Your efforts are to learn the system, and possibly make sense of others so you can better attune to their world.

## Enneagram Types of the People In Your Life

### 9. Mr./Ms. Easy Going

*The Need to Go with the Flow & Avoid Conflict*



**List all of your family members, friends, co-workers . . .**

**Names**

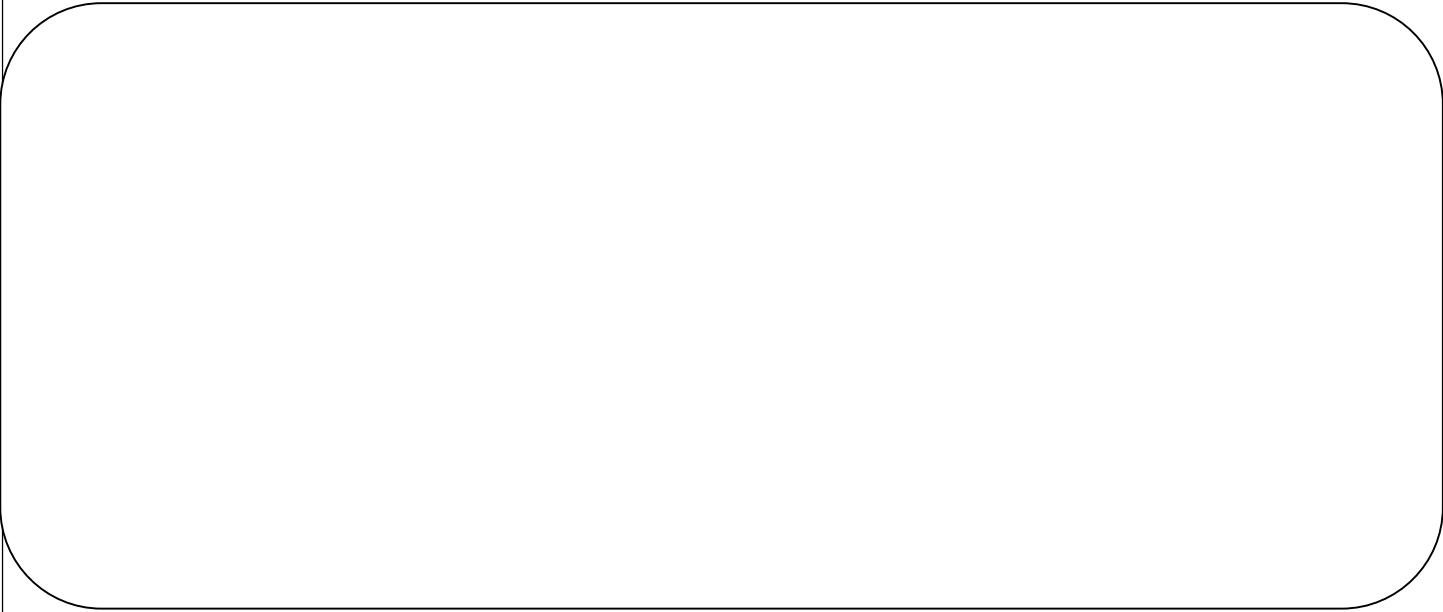
**Possible Enneagram Types**

## Your Worksheet

It is vital that each of you gain self-awareness of the pressures and needs in your personalities that affect the relationship. As you read forward about your Type and your wings and lines, identify the following:

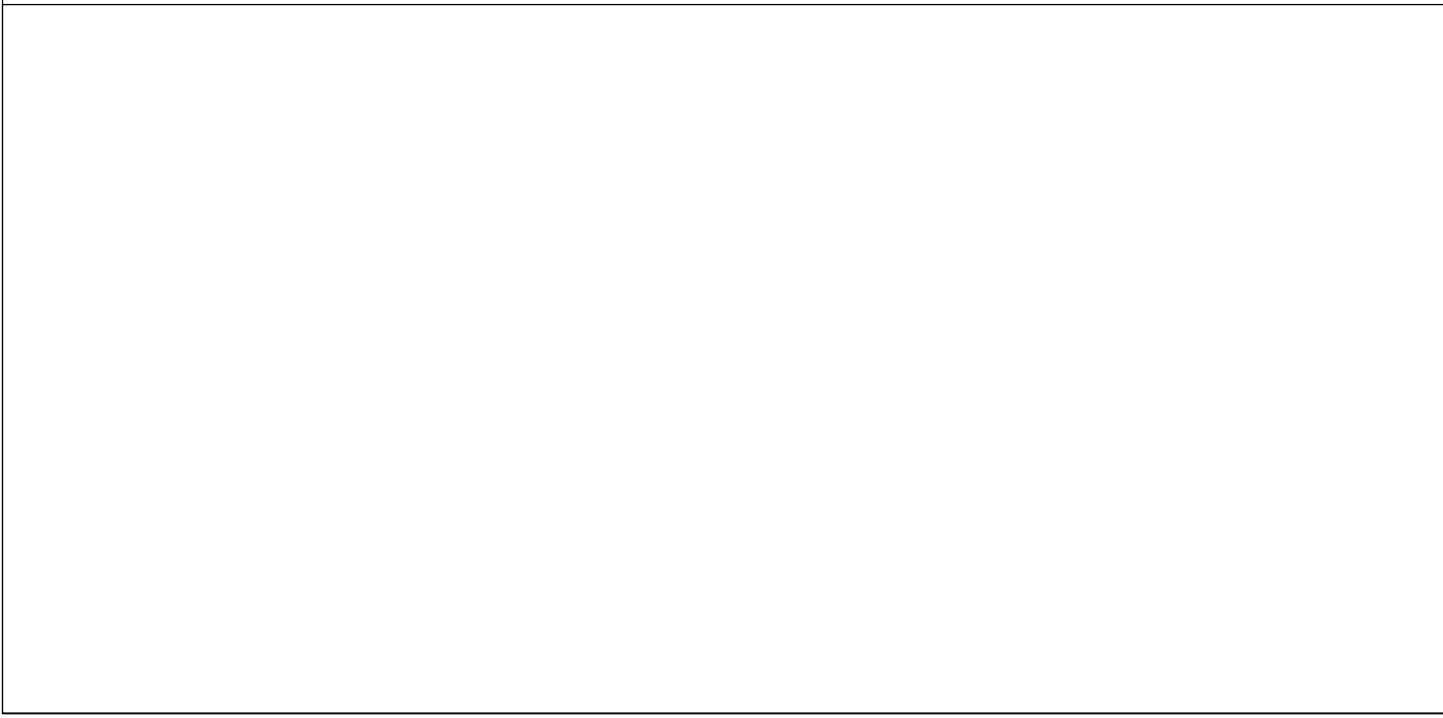
### YOUR CORE NEEDS

From my Type, Wings & Lines I tend to have these **Core Needs**:



### OVER THE TOP

My Type, Wings & Lines tend to generate the following *tensions, pressures, and behaviors* that affect the relationship:



## About Your Partner

It is vital that each of you gain self-awareness of the pressures and needs in your personalities that affect the relationship. As you read forward about your Partner's Type and your wings and lines, identify the following:

### YOUR PARTNER'S CORE NEEDS

Reading my partner's Type, wings & lines, I think that he or she has these **Core Needs**:

### OVER THE TOP

My Partner's Type, Wings & Lines tend to generate the following *tensions, pressures, and behaviors* that affect me and the relationship:

## Summary of Personality Dynamics

<b>Natural GIFTS</b>	<b>EMPTINESS Fear of...</b>	<b>CORE NEEDS To Fill Emptiness...</b>	<b>TRAP I Struggle with...</b>	<b>OVER THE TOP</b>	<b>To Bring into BALANCE</b>
<b>1 PERFECTION</b> <i>Not done Right.</i>	Imperfection Not done Right. Or feeling Imperfect	Partner: Be Pro-active Complete projects Do everything Right	Judgmental Superiority. Righteous. Can't Feel Imperfect	Nit Picking Advice giving Directing	Humility Heartfelt Validate others
<b>2 GIVING Selfless Service</b>	Being Nobody Not being Worthwhile Being Alone	Feel <i>I am Someone</i> to others Feel Connected to someone Be Liked, Appreciated Help Everyone	Needy <i>Give in order to Get in order to feel...</i>	Have no Needs Others needs more important Being too Nice	Own Your Importance & Needs. Let others...
<b>3 GENERATE Excellence</b>	Being Nobody Inadequacy Failure	Feel <i>I am Someone</i> to others Achieve. Success. Be Impressive. Be Liked, Appreciated.	Deception Competitive Time is Enemy	Workaholic Vanity Me. Me. Me. Use people.	Make Others as important. Vulnerable. Relax.
<b>4 ORIGINAL Special</b>	Being Nobody I'm not Special Abandonment	Feel <i>I am Someone</i> to others I'm Special. I'm #1. Be Creative.	Emotional Sensitivity Self Consumed Not satisfied in the Now	Drama Need to be #1 Me. Me. Me.	Mindful vs Drama Other's Needs Be Here Now
<b>5 KNOWING The Intellect</b>	Overwhelmed by Multiplicity (the World)	Figure out. Unify with Knowledge. Need Space.	Being in your Head, Fear of being Engulfed Opening my Heart	Too Intellectual Too Seclusive Not Feeling	Open up Heart Engage Express
<b>6 SUSTAINER Responsible</b>	Life falling apart Not Prepared! <i>Bad things will happen</i>	Certainty. Security. Be Always Prepared! Need Reassurance	Distrust. Worry. Doom & Gloom Fear of Life	Controlling Questions, Questions! Conspiracies	Relax Trust Life Lighten up
<b>7 BLISS The Optimist</b>	Boredom, Unhappiness Can't Expand Suffering, Negativity	Happiness, Fun Adventure New Experiences	Boredom Limitations Pain & Suffering	PollyAnna No Follow through Me...Me. Chatter.	Embrace Shadow Be with what Is. Feel Emotions
<b>8 POWERFUL</b>	<i>Powerlessness</i> Being One-Down Being Vulnerable	To Dominate or Not Be Dominated To be <i>The Authority</i>	Insensitivity Not Caring Others Feelings Being Vulnerable	Overpowering Aggression Lust - Big Appetites	Sensitive Control Appetites Admit Wrong
<b>9 PEACE Easy Going Peacemaker</b>	Disturbing my Peace Conflict <i>I'm Flawed.</i>	Connect to my Peace Harmonious environment Feel Esteemed	Passivity Procrastination Disorganization	Inertia Ineffective, Befuddled My world is a Mess	Take Responsibility Need Structure Open up.

## HOW TO BEST GET ALONG WITH EACH ENNEAGRAM TYPE

### *"To get along with me, I need You to..."*

#### **TYPE ONES:**

- ♦ □ Do what you say you're going to do, and do it right, so I don't have to take it on or pick up the slack and then get resentful. Also, be more helpful so I don't have to carry the load.
- ♦ Pay attention to the details. And be proactive -- look to catch the mistakes so I don't have to.
- ♦ Show your appreciation for how hard I work and how good a job I do instead of resisting me.
- ♦ If you want to do something loving, do something that needs to be done so I don't have to do it.

#### **TYPE TWOS:**

- ♦ Appreciate me. And all the special things I do for you. And give back. Ask me what I would like.
- ♦ □ Give me helpful feedback - don't criticize me. Be sensitive. I'm trying to do a good job to please you.
- ♦ Don't take advantage of my good will and support. I can burn-out trying to help.
- ♦ Connect to me. I need to feel connected to you. Open up in your heart. Show me you love me.
- ♦ Do things for me -- it makes me feel that you care. After all, I am always giving to you.

#### **TYPE THREES:**

- ♦ □ Notice what I do and achieve. Encourage me. Reward me. Positivity and praise makes my motor go.
- ♦ □ Don't slow me down or get in the way. I don't like interruptions, or carrying your load.
- ♦ □ And do a good job so it I can be proud of what we accomplish.
- ♦ □ Look good and appreciate that I look good. And do things for me -- it makes me feel that you care.

#### **TYPE FOURS:**

- ♦ I need to feel special to you. Show me I am important to you.
- ♦ Let me be me. Encourage me to express myself, expand myself. Value my passion.
- ♦ Open up and feel, and share your feelings with me. And don't be afraid of my feelings. Come closer.

#### **TYPE FIVES:**

- ♦ Respect my need for space. I'm uncomfortable engulfed with emotional needs.
- ♦ Engage my mind. Share in something interesting to me.

#### **TYPE SIXES:**

- ♦ Be Responsible! Be more aware of everything that needs to be done to protect against potential problems.
- ♦ Don't resist my efforts to take care of all the details.
- ♦ Be reassuring when I get anxious, overwhelmed, or distrustful.

#### **TYPE SEVENS:**

- ♦ Lighten up and let's have more fun together. Value looking at the bright side of Life.
- ♦ Don't clip my wings. Encourage me to expand in Life. And don't be negative.
- ♦ I'm not as structured or disciplined as you, so please be supportive and helpful.

#### **TYPE EIGHTS:**

- ♦ Be direct and honest with me. I don't care for playing games.
- ♦ Don't assume my assertive manner is an attack. It simply makes sense to me to be direct.
- ♦ □ When you disagree, be honoring. When I'm wrong, be honoring.

#### **TYPE NINES:**

- ♦ Recognize my need to have times where I can relax. With no expectations, or being judged.
- ♦ Be patient with my pace. I work best in a structure of support, without pressure tactics.
- ♦ If you need a commitment from me, ask without pressure. Remember, I may need a structure of support.
- ♦ Be sure you really have my attention if it's important. But please ask instead of butting in or taking over.

# Examples of Possible Enneagram Types

For those you know, write next to their name their Wings and Lines that distinguish them from the others of the same type.

## 1

Dr. Laura  
Miss Manners  
Fred Astaire - 4 line  
Gene Siskel  
Kenneth Star  
TV show - Monk

## 2

Whitney Houston - 3 wing  
Doris Day - 3 wing  
Paul Adbul - 3 & 4 wings  
Peggy Fleming - 3 wing  
Edith Bunker - 8 line  
Elizabeth Edwards - 8 line

## 3

Sarah Palin  
John F. Kennedy  
Bill Clinton  
John Edwards  
Mitt Romney  
Jesse Jackson  
Tony Blair  
Condoleezza Rice  
Arianna Huffington  
Charlie Rose  
Elizabeth Dole  
Kathie Lee Gifford  
Shawn Hannity  
Gary Hart  
Gary Condit  
Mark Sanford  
Tony Robbins  
Kobe Bryant  
Tom Cruise  
Tyra Banks  
Diana Ross  
Mick Jagger  
Jerry Lewis  
Donnie Osmond  
Suzanne Somers  
O.J. Simpson

## 4

Prince  
Madonna  
Diablo Cody  
Leo Buscaglia  
Howard Stern  
Courtney Love  
Michael Jackson

Quentin Tarantino  
Mickey Rourke  
Axl Rose  
Marilyn Manson  
Frank Zappa

## 5

Clint Eastwood  
Henry Fonda  
Ben Stein  
Bill Gates  
Johnny Carson  
Jodie Foster  
Steve McQueen  
George Harrison  
Keith Richards  
Steven Wright  
Greta Gabor  
Albert Einstein  
Jacqueline Kennedy Onassis

## 6

Hillary Clinton  
Richard Nixon  
George Bush, Sr.  
Michael Dukakis  
Oliver North  
Tom Hanks  
Bob Dole  
David Letterman  
Tom Clancy  
Prime Minister Maliki

## 7

Dolly Parton  
Marie Osmond  
Paul McCartney  
Shirley Temple  
Roberto Benigni  
Dalai Lama  
South Africa Bishop Tutu  
Franklin D. Roosevelt  
Goldie Hawn  
Robin Williams  
Patch Adams

## 8

Simon Cowell  
Oprah  
Donald Trump  
Rush Limbaugh  
Bill O'Reilly

John McCain  
Arnold Schwarzenegger  
Jesse Ventura  
Rosie O'Donnell  
Robert DeNiro  
Roseanne Barr  
Dr. Phil  
George Patton  
Norman Mailer  
Barbara Bush  
Sean Penn  
Madeline Albright  
Al Sharpton  
Mother Teresa  
Martin Luther King  
Mohandas Gandhi  
Ralph Nader - 5 line  
Cuba - Fidel Castro  
Serbia - Slobodan Milosevic  
Iraq - Saddam Hussein  
Libya - Omar Qaddafi  
Iraq - Muqtada al-Sadr  
Hezbollah Sheik Nasrallah  
Uganda - Idi Amin  
Zimbabwe - Robert Mugabe  
Benjamin Netanyahu  
Golda Meir  
Ariel Sharon  
Margaret Thatcher  
Winston Churchill

## 9

Kofi Annan  
Nelson Mandela  
Abraham Lincoln  
Hamid Karzai  
Ringo Starr  
Owen Wilson  
Ellen DeGeneres  
Brad Pitt - 3 line  
Robert Redford - 3 line  
Adam Sandler  
Jerry Seinfeld  
Ellen DeGeneres  
Jay Leno  
Billy Bob Thornton  
Jimmy Stewart  
Whoopi Goldberg  
Andy Griffith  
Snoop Dog  
Dwight D. Eisenhower  
Ronald Reagan  
Renée Zellweger  
Anna Nicole Smith

## ***Crossing The River By Styles***

**ONES** approach the river from the one and only perfect place to cross.

**TWOS** start to cross the river then double back to help others cross. As they continue to do this, they never get to cross the river themselves.

**THREES** wear their best and wait at the edge until they are the center of attention. Then they do the best, eye-catching strokes as they cross the river.

**FOURS** use a variety of fancy styles and even do a water ballet.

**FIVES** never get into the river. They hide behind trees and take notes and examine what everybody else does.

**SIXES** distrust the river currents. They wait, of course, for the security of others to take the ferry across the river.

**SEVENS** splash and dive and generally have a party, and it doesn't even matter if they ever cross the river.

**EIGHTS** march into the water and swim Upstream -- against the current.

**NINES** amble into the water and float Downstream with the flow of the current.